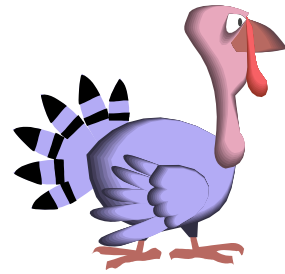


Tips for a Healthy Thanksgiving



The holiday only comes once a year so enjoy, but moderation is key. A bite of your favorites is okay; just don't overindulge. If you do overindulge, don't give up. The next day start right back on your diet and exercise plan.

Consider your options before filling your plate. Don't waste calories on chips and other non-special items. Go for the once a year items and you won't feel deprived.

Share the leftovers with guests. Send everyone home with something to keep you from overindulging again and again. If you still have an abundance of leftovers after freezing individual portions, toss them. Its better they go to waste than your waist.

Eat a light breakfast or brunch so that you are not nibbling until the big meal.

A 3 oz. portion of white skinless turkey breast has 8 grams of protein, 1 gram of fat and no saturated fat making it a very healthy choice.

Lighten up your family's favorites. Substitute fat free or reduced fat items in recipes.

If invited to someone's house, bring a dish that you know is healthy and enjoy it.

Load up on the vegetable side dishes as long as they don't have sauces.

Make gravy with fat free broth rather than pan drippings to cut the fat and calories.

If possible, drink plenty of water or have a clear soup before the meal.

Eat slowly, both to enjoy the meal and to let your body have time to let you know it's full

After dinner, encourage everyone to take a walk or other outdoor activity.

Try this **Crustless Pumpkin Pie** for a healthy alternative to the traditional favorite

1 15oz. can pumpkin
1 12oz. can evaporated milk
 $\frac{3}{4}$ cup egg substitute or 3 egg whites
 $\frac{1}{2}$ tsp. salt
3 tsp pumpkin pie spice
1 tsp. vanilla
 $\frac{2}{3}$ cup Splenda or sugar

Combine all ingredients until smooth. Pour into a 9" sprayed pie pan. Bake at 400 for 15 minutes, then at 325 for 45 minutes or until a knife inserted in center comes out clean.

Serves eight (8). 1 Weight Watchers point per slice.